LETTERS@METRO.US

IT'S TIME TO GET WASHED OUT {page 12}

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BOSTON
Wednesday, April 18, 2012

Alleged MIT sexual predator found dead

Days after indictment for child sex, Massachusetts Institute of Technology researcher hangs himself in jail cell Planned to meet girls, 12 and 16 {page 04}

NICOLAUS CZARNECKI/METRO

Clothing truck. Roadblock

▶ Co-owner of the Green Street Vault mobile store Derrick Cheung wants to work with City Hall to find a way to allow his popular business to stay open.

You may have seen it parked downtown or in the Back Bay, but if the city has its way, the Green Street Vault mobile store could be forced to close up shop due to a licensing discrepancy. Hundreds of the store's supporters have signed an online petition asking the city to let it stay. {page 02}

Metropolitik

Out of outrage comes the rare policy change

Anger over Trayvon Martin and Stand Your Ground laws leads to change in legislation mill ALEC relents {page 07}

Is 'Jersey Shore' Vinny a guru?

Guadagnino on how he's able to 'Control the Crazy' in new philosophical book {page 08}

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City says stop that shop

Founders ask supporters for help ● Mobile apparel shop told to stop operating Downtown ● Hundreds back business to keep it operating

A clothing distributor on four wheels has hit a roadblock in the Hub and risks being stopped dead in its tracks.

Since March 1, the city has told Derrick Cheung, co-founder of Green Street Vault, that he's no longer allowed to sell urban apparel from his specialized truck while parked in the Back Bay or Downtown.

"We are the first truck in Boston to do this," said Cheung, noting the "grey area" for operations.

Cheung's shop has held a "hawkers and peddlers" license for the last eight months without issue, he said.

But after recently being "harassed" by workers from the city's Inspectional Services division and racking up citations, Cheung has had to scale back sales.

"[They are] stalking us and making sure we aren't in the [Back Bay] area," he said.

Cheung said he and partner Howard Travis want to obtain a special license, but that they aren't able.

"The only permit that exists in Boston is for vendors selling roasted nuts or sunglasses," said Cheung.

City officials said they are merely following protocol, not singling out Green Street Vault.

"Boston Proper has regulations … taking up the parking meters, selling out of the truck is restricted," said Michael Mackan, chief of Boston's Code Enforcement Police.

"There are rules and regulations and we enforce them," he said.

A spokesperson from the mayor's office said there are currently no permits for retail trucks like Green Street Vault in Boston.

Cheung said he hopes to work "collaboratively with the city" to reach a compromise on the issue and possibly create a new type of license catering to shops like his.

"We chose to start Green Street in Boston for a reason: because we love this city. We in no way view City Hall as the bad guy," he wrote in a blog post on the company's website.

STEVE ANNEAR
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Licensing

According to Michael Mackan, chief of Boston's Code Enforcement Police, the following rules apply for the license Green Street Vault holds:

- Boston Proper restricts vendor sales from 8 a.m. to 8 p.m.
- After two sales or 10 minutes without a sale, peddlers are urged to move up to 250 feet.

NICOLAUS CZARNECKI/METRO

▶ Derrick Cheung, co-founder of Green Street Vault, doesn't see a problem with his business.

Supporting the clothes cause

BOSTON. Hundreds of supporters have backed Cheung and co-founder Howard Travis to try and keep Green Street Vault operating around the city.

The duo posted a petition on their website urging customers to send letters to Mayor Thomas Menino, asking him to support new businesses like theirs.

Cheung called the response to the petition "amazing and encouraging."

"Allowing us to continue to do what we do best will only help push the agenda for innovation forward," Cheung wrote on the site. **METRO/SA**

In the news

C

The Bay State's grades went up over the past four years when it came to transparency and releasing information about child deaths and near fatalities, but still ranked low on the totem poll overall. According to a report issued by the Children's Advocacy Institute at the University of San Diego School of Law and First Star, Massachusetts is among the bottom 20 in the country. The state was penalized and called "vague and unclear" in certain areas regarding the scope of information authorized for public release. **METRO/SHNS**

Today's local tweet

"This morning I saw MBTA employee take down the winter service advisories from Porter. I guess winter is officially over."

@IPICKMYNOSE NOTICING CHANGES IN THE CITY AS THE WEATHER IMPROVES

Boston College student's funeral expected today

BOSTON. A funeral for the Boston College student who went missing in February and whose body was later found in a Newton reservoir is set for this week.

According to Boston.com Franco Garcia will be laid to rest today at Saint Ignatius of Loyola Church in Chestnut Hill.

A wake for the Newton native was held yesterday at Saint Mary Church in Waltham.

Garcia went missing in late February after leaving a bar in Cleveland Circle. Divers recovered Garcia's body in the Chestnut Hill Reservoir last week.

Toxicology results are still pending, but initial investigations show Garcia's death was accidental. **METRO**

▶ Garcia

Online college magazine seeking stylish campus

BOSTON. An online magazine founded by three Harvard graduates is launching a search for the "most stylish campus in America."

Hercampus.com, along with Stylitics, launched the contest that will culminate May 10.

Students can create a profile at www.stylitics.com and earn points when others comment, like or follow their profile, which will showcase each member's style icons, purchases and places he or she adores.

The top five schools in terms of points will then be judged by a fashion panel for the title. **METRO**

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Tommy Lee Jones to be honored

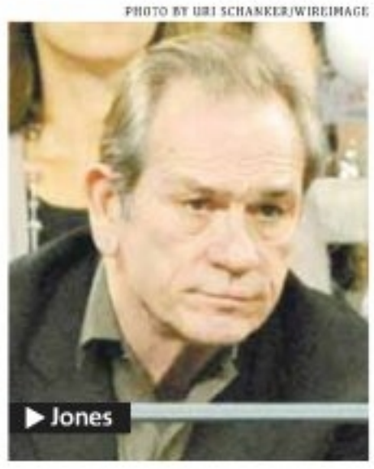
Actor and director Tommy Lee Jones will make an appearance in Cambridge this month and receive Harvard University's 2012 Harvard Arts Medal.

Jones, known for his roles in "Men in Black" and "No Country for Old Men," will also discuss his life and career alongside fellow actor and Harvard alumnus John Lithgow.

University President Drew Faust will give Jones the award Thursday, April 26, during a ceremony at the school.

Presented by the Office for the Arts at Harvard's Learning from Performers program, the medal is awarded to a Harvard or Radcliffe graduate or faculty members who have achieved excellence in the arts. METRO

PHOTO BY URI SCHANKER/WIREIMAGE



▶ Jones

Days after indictment for child sex, MIT researcher kills self

- Yaron Segal was found dead in his cell with a noose
- Feds say he flew to Colorado to have sex with kids

The Massachusetts Institute of Technology researcher accused of flying to Colorado to have sex with underage girls was found dead in his jail cell Friday, days after he was indicted.

Prison officials at FCI Englewood in Colorado reportedly found Yaron Segal alone in his cell and hanging from a homemade noose.

Segal was pronounced dead about 1:40 p.m. of an apparent suicide and an investigation is ongoing, said John Sell, a spokesman for FCI Englewood. Sell said he did not have information on how Segal obtained the materials to hang himself.

FCI Englewood is a low-security prison in Littleton, Colo., according to the Federal Bureau of Prisons.

Federal authorities charged Segal for allegedly setting up a sexual encounter with a mother and her two underage girls.

However, the mother he thought he was talking with online was actually a federal agent.

Segal allegedly flew to Colorado late last month for the rendezvous with the mother, but federal authorities met him instead.

A federal complaint alleges that Segal, an Israeli citizen and Yale graduate, started chatting with the agent while both were in chat rooms named "childslavesex" and "childrapeturebrutality."

The agent, using an undercover persona, said she had two daughters, one younger than 16 years old and another who wasn't yet 12 years old.

Rick Kornfeld, Segal's attorney, said shortly after the arrest that Segal had no prior criminal history and served in the Israel Defense Force.

MICHAEL NAUGHTON
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Suicide follows indictment

Court documents show that a grand jury indicted Segal on April 9, just days before his apparent suicide.

He was charged with travel with intent to engage in illicit sexual conduct, aggravated sexual abuse with children and attempted coersion and enticement.

Car wreck. Fatalities

▶ Three people were killed in an early morning single car crash on Morrissey Boulevard in Dorchester yesterday.

NICOLAUS CZARNECKI/METRO

Two men, ages 20 and 19, were pronounced dead on the scene as firefighters spent nearly 90 minutes trying to free a 19-year-old woman from the wreckage of a one-car crash yesterday. The woman later died at a nearby hospital. Police said it appeared the group had just left a party. METRO/MN

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Support for secret service chief despite hooker storm

GETTY IMAGES

▶ Sullivan

President Barack Obama has confidence in Secret Service director Mark Sullivan and believes he acted swiftly to deal with a scandal in Colombia where agents were alleged to have engaged in misconduct involving prostitutes, the White House said yesterday.

Eleven Secret Service agents were placed on administrative leave following the incident at a hotel in Cartagena, Colombia, that marred Obama's weekend trip there for a hemispheric summit and raised questions about the agency's culture.

"The president has confidence in Director Sullivan," Obama's spokesman Jay Carney told reporters. "The director acted swiftly in response to this incident and is overseeing an investigation."

Carney said he had not discussed with Obama any concerns that the American public might lose faith in the agency — whose main duty is protecting the president and his family — and declined to speculate on any conclusions the probe might reach.

He said Obama had not set a timeframe for the investigation and was instead more interested that it be done thoroughly and efficiently. **REUTERS**

NASA. Discovery

▶ Space shuttle Discovery is tethered to the back of NASA 905 Shuttle Carrier Aircraft as it as it does a fly-over of the U.S. Capitol in Washington, D.C., yesterday.

GETTY IMAGES (NASA HANDOUT)

Discovery makes its last flight

The space shuttle Discovery made its final voyage yesterday: a piggyback jet ride to the Smithsonian National Air and Space Museum annex in Virginia. The United States retired its space shuttles last year after finishing construction of the $100 billion International Space Station. REUTERS

News in brief

GETTY IMAGES

▶ Stern

Shock jock Stern loses $300M suit

NEW YORK. A judge has dismissed radio personality Howard Stern's $330 million lawsuit accusing Sirius XM Radio Inc. of failing to pay him stock awards he was due for helping the dominant U.S. satellite radio company exceed growth targets.

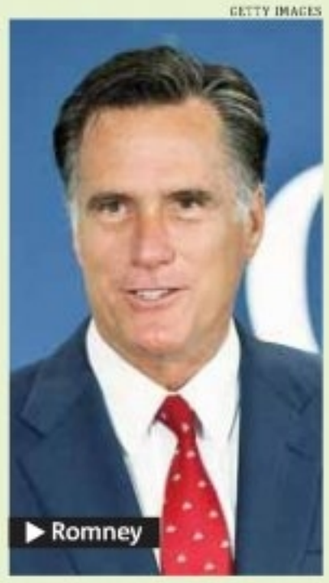
New York State Supreme Court Justice Barbara Kapnick in Manhattan said Stern and his agent Don Buchwald were bound by the language of the 2004 agreement that brought the now 58-year-old "shock jock" to what became Sirius XM from traditional radio. **REUTERS**

Ipsos poll: Romney gaining on Obama

WASHINGTON. President Barack Obama's lead over Mitt Romney has narrowed to 4 percentage points from 11 points a month ago, now that Romney has established himself as the probable Republican presidential nominee, according to a Reuters/Ipsos poll released on Monday.

Obama was backed by 47 percent of registered voters in the telephone poll conducted from April 12-15, compared with 43 percent who supported Romney. In the same poll conducted March 8-11, Obama led Romney by 52 percent to 41 percent. **REUTERS**

GETTY IMAGES



▶ Romney

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Faux outrage: When to stand your ground

▶ Protesters in Georgia rally in memory of slain Florida teenager Trayvon Martin.

JESSICA MCGOWAN/GETTY IMAGES

Correction

We'd like to correct an error made in yesterday's Metropolitik in which we erroneously attributed the 2000 Supreme Court ruling of Bush v. Gore — a vote that placed Republican George W. Bush in the White House, ultimately decided by Republican appointees — to 2004. This was a boneheaded mistake, and we'd like to thank all the readers who brought it to our attention. Thanks for the free fact-checking, guys! How could we confuse this potent symbol of democracy's failings?

Metropolitik

BRAYDEN SIMMS

POLITICAL WORLDLINESS FOR AN IMPOLITE WORLD

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For complaints, suggestions and digital attaboys, e-mail us at brayden.simms@metro.us.

There's been a marked upsurge in outrage this campaign season, with not much to show for it — until now.

There was conservative radio host Rush Limbaugh calling activist Sandra Fluke a slut and worse. The right was apoplectic over what they perceived as an attempt by President Obama to force religious institutions to provide health care that they deemed immoral; the left was outraged at the attempt to distract from the very real issue of women's health. Nasty attacks flew left and right, and the outrage only grew, with no real gains for either to speak of.

The more recent Ann Romney "war on moms" flap followed a similar trajectory. A Democratic operative, Hilary Rosen, made comments suggesting that Mrs. Romney may not be best equipped to provide analysis on the realities of the working poor. The Romneys, apparently perceiving the remarks as an attack on working mothers, showed their outrage; the left came back with even more outrage. Blather, rinse, repeat.

Somewhere between these two manufactured controversies lies the tragic killing of Florida teenager Trayvon Martin. The Martin case quickly became a talking point in the heated partisan divide — especially following President Obama's entry into the fray, in which he commented that his hypothetical son would look like Martin.

The left raged at the apparent lack of justice; the right raged over cries of racism, the claim that the media used an outdated photo to make the teen seem more sympathetic and a belief that the undeniable victim had some minor criminal history. Insults were hurled with vigor, and we all hated each other just a little bit more.

But it seems that, in this incident at least, there may actually be some positive outcome lurking in the muck. That's because the American Legislative Exchange Council — the group maligned by progressives for pushing the Stand Your Ground law that allowed Trayvon killer George Zimmerman to escape arrest for so long — bowed to corporate pressure and announced it was getting out of the culture war business yesterday. Praise the free market at work!

ALEC, which provides model legislation free of charge to time-pressed lawmakers, lost major corporate support these past few weeks — big names such as Coca-Cola, McDonald's and more — over progressive protests related to the Trayvon incident. Now the organization, whose effects can be measured by the fact that its suggestions have repeatedly made it word for word into U.S. law, says it will be staying out of "issues that don't have a direct bearing on our company or on our industry."

Apparently outrage can occasionally yield success. There goes the neighborhood.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

$47B

Amount that would be saved in the U.S. budget by the recently scuttled "Buffett Rule" to equalize taxes on millionaires. Republicans uniformly attacked this as "political gimmickry" and "class warfare" that "won't solve our larger problems."

$34B

Amount that House Republicans would like to cut from the U.S. food stamp program

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Katy Perry knows what she likes, Ellen Page is a fan of fashion innovations, Alec Baldwin is dealing with his critics and Albert Brooks is worried about the afterlife.

@katyperry
If it was the end of the world I would only listen to bjork.

@EllenPage
Sweater vests, they solve the age old problem, hot arms...cold chest.

@alecbaldwin
People attack me every day. I try to roll with it. Some days, I do better than others.

@AlbertBrooks
Wouldn't it be funny if God only cared about how you looked?

Ellen Page

Vinny Guadagnino: The next Deepak Chopra?

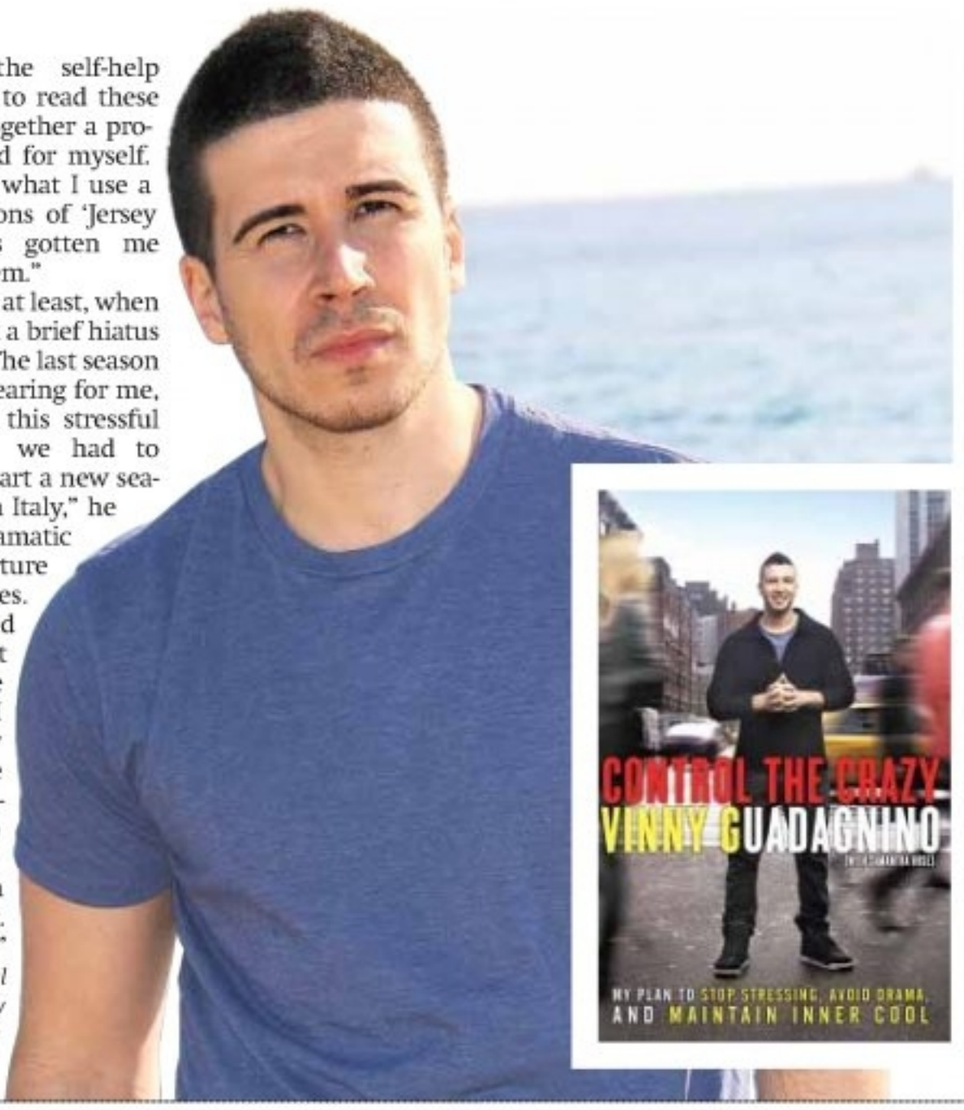
"Jersey Shore" star **Vinny Guadagnino** is out to prove there's more to him than just being a suave guido who occasionally suffers from pink eye. In his new book, "Control the Crazy: My Plan to Stop Stressing, Avoid Drama, and Maintain Inner Cool," Guadagnino proves that not only can he pronounce such serious names as **Deepak Chopra, Thich Nhat Hanh** and **Eckhart Tolle**, but he also sees himself as an "ambassador" to their influential brand of pop-psych for a younger generation.

"They are the masters. I certainly didn't invent this stuff, but it wasn't them inventing it either," he told Metro during a recent interview. "It's just a message that can be told in many different voices — a Buddhist monk, a psychologist, a spiritual guru or now, you know, a cast member of the 'Jersey Shore.'"

For Guadagnino, who has suffered from various panic disorders since high school and even during Season 1 of the show that made him famous, it was this anxiety that led him to start reading the self-help genre. "I started to read these books and put together a program in my head for myself. That program is what I use a lot on four seasons of 'Jersey Shore,' and it's gotten me through all of them."

Until last year, at least, when Guadagnino took a brief hiatus from Season 5. "The last season got a little overbearing for me, because we had this stressful schedule where we had to come over and start a new season straight from Italy," he explains of his dramatic (yet brief) departure from the series. "What happened on the show, it happened for me naturally. So I said, 'You know what? Now's the perfect opportunity to try to help people because they know I'm not bulls—ing. It's all real life.'"

– With original reporting by Jim Fenner



Hit the books

Vinny's Top 5 self-help books

- **"The Power of Now"** by Eckhart Tolle
- **"The Power of Intention"** by Wayne Dyer
- **"The Seven Spiritual Laws of Success"** by Deepak Chopra
- **"Being Peace"** by Thich Nhat Hanh
- **"The Four Agreements"** Miguel Ruiz

The serious one

With **J-Woww, Snooki** and **Pauly D** all enjoying spin-off shows, what's next for Guadagnino?
"This will definitely be a part of my career for a long time to come — being a younger voice that speaks about serious issues," he says. "I was a political science major, and I've always been interested in and involved in political and social movements. I like having a grassroots, soldier-on-the-field approach to these issues, rather than it always being like a doctor or a lawyer."

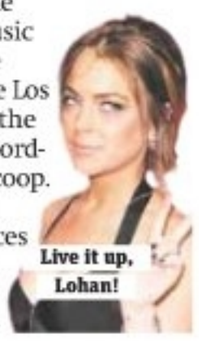
Talking points

Berry backtracks on that 'no marriage' promise

Halle Berry confirmed that she's engaged to Olivier Martinez. "Who knew? I swore it off, right?" Berry tells Extra. "Never say never, people." But "never" is exactly what Berry said in 2004 when she told Oprah Winfrey, "I will never marry again. I mean it with every bone in my body." Three years later, she told InStyle magazine, "I will never — never — get married again."

Lohan parties at Coachella

Despite instructions from a judge to avoid clubs and partying, recently probation-free Lindsay Lohan was spotted living it up at the Coachella music festival in the desert outside Los Angeles over the weekend, according to Hollyscoop. To her credit, though, sources claim Lohan wasn't drinking. The troubled actress is reportedly well aware that onlookers were "whispering" about her presence at the festival, but she's eager to prove she can control herself around alcohol.



Live it up, Lohan!

Downey Jr. on parenthood

Parenting is nothing new to Robert Downey Jr. — he already has an 18-year-old son from a previous marriage, Indio — but the "Iron Man" star admits he was filled with fear before the Feb. 7 birth of his new son, Exton. "There was all this trepidation, all this projection, all the anticipation and goodwill and a good vibe about it," he tells Esquire. "But what you're squeezing to the side — or what's in the glove box — is these thousands of forms of fear. And then he was born and they've all just kind of scattered now. It seems like he's always been here."

▶ Daddy Downey

Brown enters not guilty plea

Bobby Brown has entered a plea of not guilty to charges stemming from his arrest for driving under the influence last month, according to Hollyscoop. Brown was pulled over for using his mobile phone while driving and reportedly registered a blood-alcohol level of .12 at the time. He could face up to six months in jail if convicted.

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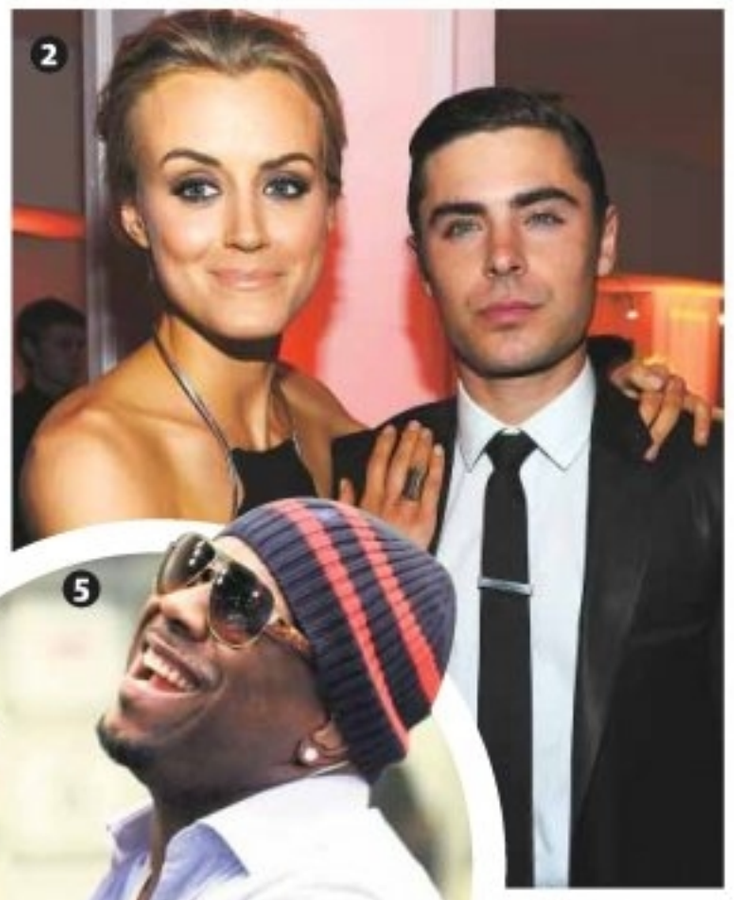
A few butts (and balls) about it ...

1: Cedric the Entertainer and **Halle the Berry** attended the fourth annual Halle Berry Celebrity Golf Classic at Wilshire Country Club on Monday in Los Angeles.

2: Taylor Schilling and **Zac Efron** attended the after-party for the premiere of their new film, "The Lucky One" in Hollywood on Monday.



3: That probably isn't a regulation top: **Redfoo** of LMFAO played a practice game of tennis against Jelena Jankovic on Tuesday in Moscow.

4: The ever-demure **Coco** attended the screening of the new film "Safe" at Clearview Chelsea Cinemas on Monday in New York City.

5: Wanya Morris of **Boyz II Men** performed as part of SiriusXM's "Artist Confidential" series at the SiriusXM Studio on Monday in New York City.

6: Reebok Easytone Ambassador **Miranda Kerr** revealed a 3-D image shot of herself during a photo call on the roof of the Bayerisch Hof Hotel on Tuesday in Munich.

1: DAVID LIVINGSTON/GETTY IMAGES
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▶ Simone Monguzzi was spotted in Milan.

RICHARD PECKETT
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GAME ... OF THRONES?

If you're a fan of the medieval drama on the popular HBO series, 'The Witcher 2' can offer you a gaming experience to match it

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

'The Witcher 2: Enhanced Edition'
Console: Xbox 360
Company: Warner Bros. Interactive
Grade: ●●●●○

▶ Look familiar?

The "Witcher" series is an unlikely console success story. The franchise was developed for the PC by a small Polish company. The first one moved some units. The second one was a bona-fide phenomenon. Now Xbox 360 players can stop watching "Game of Thrones" for a while to actually, um, sort of play it. As long as you don't have to leave your couch, right?

Just like the HBO show and stocky book series, this game has backstabbing and political intrigue in spades. You play as a monster-hunter dropped in the middle of a kingdom-wide conflict. There is sex and violence galore, so don't let your rambunctious teen trick you into buying this to make up for years of parental neglect.

There's also a fantastic, open world to explore filled with genre-defying characters. The elves in this game are tree-dwelling murderers and the dwarves are lazy fornicators. It's like Tolkien if his entire worldview was predicated on methamphetamines and finding his wife with another man.

And the gameplay? It's a blast. This game has the most satisfying fighting mechanics in recent memory. There's an easily accessible menu that lets you dole out lethal magic on the fly and the melee combat just feels right. Preparation and smarts are rewarded here. If you go in expecting to just mash buttons, you'll get your medieval butt handed to you.

The graphics are stunning and in some cases even better than its closest competitor, "Elder Scrolls V: Skyrim." You'll run into some frame rate hiccups every now and again, but its nothing that'll ruin the experience. It is, after all, running on a console that is nearly 7 years old. Ah, Father Time, you miserable bastard.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

TV watch list

ABC/COLLEEN HAYES
▶ "Revenge"

'Revenge'

DRAMA. The plot thickens as new episodes chock full of reveeeenge pick up tonight. Daniel's in prison, which sends Victoria reeling, while Jack's search for Amanda grows more desperate as he comes under suspicion for murder.
10 p.m., ABC

'40 Greatest Yo! MTV Raps Moments'

SPECIAL. This two-hour special looks back at the influential music show and the hip-hop greats — including ODB, Snoop Dogg and Tupac Shakur (in human, non-holographic form) — who appeared on its stage.
7 p.m., VH1

'Coast Guard: Alaska'

REALITY. The rescue teams of Kodiak, Ala., continue to save lives in conditions best suited for curling up with hot cocoa.
Season premiere, 9 p.m., Weather Channel

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myentertainment

Coming clean about WASHED OUT

One of the progenitors of the chillwave genre says he finds his sources of inspiration in other genres that might not seem so obvious at first

Ernest Greene cites some unlikely influences for Washed Out, his mellow musical project: "At its core, it's psychedelic music," says Greene, whose debut EP (2009's "Life of Leisure"), and first full-length release (2011's "Within and Without") lit up the blogosphere and put Greene in the first class of a new micro-genre, colorfully known as chillwave (see also Neon Indian, Toro Y Moi or Memory Tapes).

Greene also explains that being a hip-hop enthusiast helped him to develop a producer's ear, as he was led into sampling by the obscure disco/soul/electronic records that many of his favorite hip-hop acts were sampling. Soon he was sampling himself, creating his own musical mosaics by adding various textures to his original tracks.

"It kind of breathes life into it and gives a warmth I couldn't get from running instruments into my computer," says Greene.

While "Within and Without" leaves behind some of the grittier, more soul-flavored elements of Washed Out debut's quintessentially chillwave sound (imagine a cross between underground hip-hop/electronic and new wave), the album still maintains enough of the soothing melodic backdrops and indistinct, faraway vocals to justify its genre's namesake.

Greene's newer sounds fulfill more of a classic synth-pop aesthetic. It's not hard to hear echoes of Flock of Seagulls and Howard Jones in the '80s-styled layers of tracks like "Amor Fati" and "Eyes Be Closed," which even features those infamous MTV-era artifacts, roto tom drums.

"It's more about a mood or a vibe than a modern day radio hit," he says.

JONATHAN DONALDSON
letters@metro.us

Feel it all around

Musically, Greene finds a guiding hand in Canadian contemporary psych artist Caribou (Daniel Snaith).

"It takes a lot of skill to have that much going on in music and make it sound really balanced," says Greene of Caribou's blend of '60s pop and sampling. Greene isn't the only fan; Caribou open for Radiohead in May.

Driven to move sound forward, Greene even describes a moment when he felt musically beaten to the punch, namely Panda Bear's "Person Pitch."

"I loved it and hated it at the same time," says Greene of the 2007 LP, which he calls "powerful and simple."

If you go

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WILL DAVIS

▶ Greene surfs the chillwave wave into Boston on Friday.

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mywellbeing

Myths and truths about UTIs

Urinary tract infections, also know as bladder infections or cystitis, are caused by bacterial contamination and infection of the normally sterile urine in the urinary bladder. These bacterial infections result in symptoms that may include a frequent and urgent need to urinate, burning while urinating, lower abdominal discomfort and blood in the urine.

Women are much more susceptible to UTIs than men because a woman's urethra, the tube leading out from the bladder, is much shorter and thereby more subject to contamination. The cause of UTIs in women varies with age. Young girls may wipe the wrong way after a bowel movement, going from back to front and spreading excrement. The most common source of UTIs in adult women is sexual activity (sometimes nicknamed Honeymoon Cystitis). A woman may forget to urinate after having sex, and bacterial contamination from a woman's bottom can migrate into the urethra and bladder, infecting any residual urine in the bladder. In senior men and women, incomplete emptying of the bladder may similarly result in bacterial overgrowth and infection.

To avoid getting a UTI, women must always: wipe from front to back after using the toilet, make sure to urinate immediately after sexual activity so as to flush away any bacteria and don't "hold it in" at work or while on long car or plane trips.

Most UTIs are caused by bacteria that live in the colon, typically E. Coli, and can be effectively treated with antibiotics. Drinking cranberry juice or trying to "flush out the infection" by drinking water will also not cure a bacterial UTI.

Men under 50 who experience burning while urinating are much more likely to have an STD and should consult a doctor immediately upon experiencing symptoms. For men over age 50, an enlarged prostate may prevent the bladder from fully emptying and contribute to development of a UTI.

Left untreated, cystitis may spread to the kidneys and blood stream. This systemic illness is called pyelonephritis and may result in fever, chills, nausea, vomiting, bleeding or, in severe cases when your body is overwhelmed by the bacteria, septic shock. If you experience UTI symptoms, see a doctor as soon as possible to avoid complications. Symptoms of STDs may mimic a UTI, so make sure your doctor checks you thoroughly.

— Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him at askdrmark@metro.us.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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The question

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What's a Pippa? And who cares?

RE: "PIPPA, GET YOUR GUN?" Can we please not report on Pippa Middleton, who really cares? And it happened in France, so again, who really cares? There is so much more important news that needs to be addressed.
MARYANN RUGGIERO, VIA E-MAIL

"Millions of people fight similar battles every day while also worrying about feeding their kids."

RE: "MIXED BAG ON ROMNEYS, MOTHERS": There's no disputing your point that Ann Romney is valiant for raising five children while battling Multiple Sclerosis, which proves that "money can't buy health." But the contrasting issue between her and everyday folks is that she had no need to worry about encountering a financial crisis as well during her battle. Millions of people fight similar battles every day while also worrying about feeding their kids and paying the electric bill. For them, it's a double burden.
JOSEPH R. LAPENTA, VIA E-MAIL

I think the Metro should print Igor Mannikus' letters every day. In quoting noted sociopolitical scholars, Professors Calvin and Hobbes, he has really driven home the seriousness of the GOP platform. For if indeed "the purpose of writing is to inflate weak ideas, obscure poor reasoning and inhibit clarity" then who better to illustrate this to us all than Mr. Mannikus?
JD DUCAS, VIA E-MAIL

Big issue lost in Colombia scandal

Reporting about President Obama's visit to Colombia for the Summit of the Americas made it seem as though the most shocking news was about the Secret Service. However, the real scandal in Colombia is that ongoing war has created the largest internal displacement crisis in the world, with an estimated 5.2 million people left homeless after fleeing from violence. And Obama didn't even mention it. Another dirty little secret? Since 2000, Washington has sent approximately $8 billion from taxpayers in mostly military aid to the Colombian government, whose armed forces happen to have the worst human rights record in our hemisphere.
JAN-PAUL ALON, VIA E-MAIL

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Keep them as brief as possible, preferably under 100 words.
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Dems created the phony women war

Democrats invented the "war on women" to hide their own history of woman-hating. They are known to defend the rappers who call women "bitches" and "hos"; Sharia law that treats women worse than cattle; and Bill Maher, Keith Olbermann, Ed Schultz and Chris Matthews — who have called women sluts, bimbos and far worse. And yet no Democrat has ever taken members of their own party to task, especially after Bill Maher's donation to Obama's super PAC. The biggest woman-haters are Democrat women who condone this behavior. **ROCCO LORE, BOSTON**

Military spending is a moral outrage

In the U.S., 60 percent of federal discretionary spending goes to military spending. This accounts for almost 40 percent of the world's military expenditures. This is immoral and unsustainable.
BARBARA FELDSTEIN, VIA E-MAIL

Horoscope

♈ Aries **March 21-April 19.** Establish your own agenda if you can. You'll know better than anyone what you need to accomplish and what can wait. Don't let anybody or anything take you off course.

♉ Taurus **April 20-May 20.** Being in a devilish mood, you're dying to tell others the secret you possess. If you give in and tell all, you'll be in the soup.

♊ Gemini **May 21-June 20.** A social involvement could prove to be both enjoyable and instructive, especially if you're interacting with a small group. Intimate circles have a way of revealing much.

♋ Cancer **June 21-July 22.** Because you have the capacity to focus on significant objectives, achieving success in your endeavors is likely. Once you establish a goal, you won't be dissuaded from your task.

♌ Leo **July 23-Aug. 22.** You're not likely to be much of a talker, but when you do speak up it will be with something that needs to be said and of extreme value to your listeners.

♍ Virgo **Aug. 23-Sept. 22.** A close friend of yours could receive some important information from a reliable source and won't be remiss about sharing it with you. What you learn could make or save you money.

♎ Libra **Sept. 23-Oct. 23.** When making an important agreement with another, be sure to scrutinize all the fine print. Chances are it'll be those nasty "insignificant" items that cause trouble down the line.

♏ Scorpio **Oct. 24-Nov. 22.** This is an excellent day to rid get rid of all those nasty, minor jobs that have piled up. Clear the decks so that you can make room for more important projects coming your way.

♐ Sagittarius **Nov. 23-Dec. 21.** A social contact you've established could be of big help concerning something that is occurring in another area of your life. She or he will be just the person you need to help out.

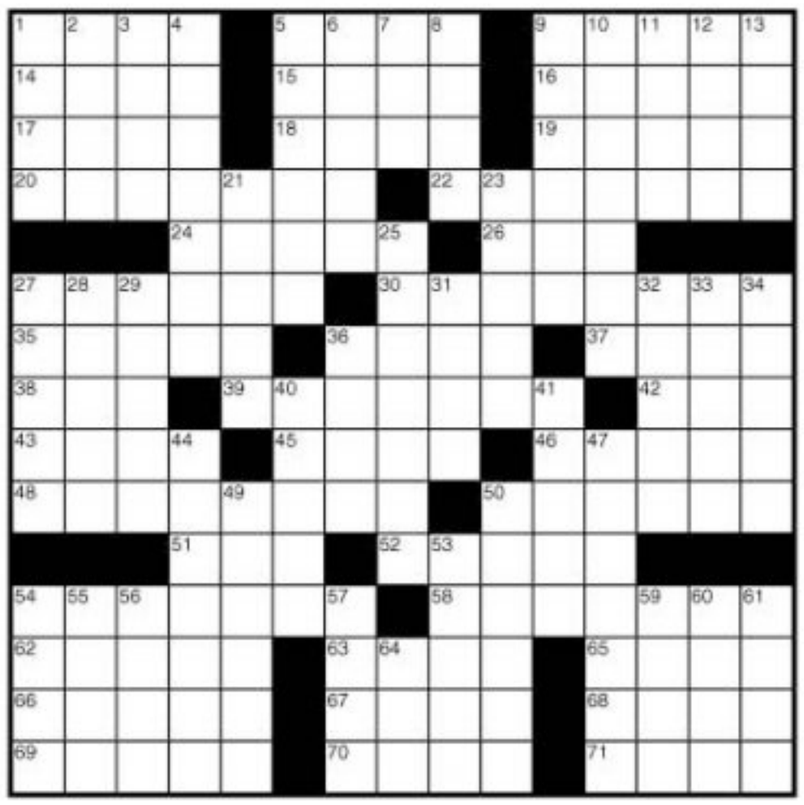
♑ Capricorn **Dec. 22-Jan. 19.** Drop everything and take care of something important that only you can bring to a successful conclusion. It probably involves a domestic affair.

♒ Aquarius **Jan. 20-Feb. 19.** A perfect opportunity to bring out into the open a critical matter that you've been reluctant to discuss may present itself. Don't waste this chance to unload.

♓ Pisces **Feb. 20-March 20.** Think in terms of making a lot of small profits instead of scoring one big kill. Little gains have better chances of occurring, and they can add up into something significant.
BERNICE BEDE OSOL

Across
1 Hotcakes acronym
5 Feds (hyph.)
9 Boutique
14 Toy-block brand
15 Climb the ladder
16 More than willing
17 Marshal Wyatt __
18 Livy's "Lo!"
19 Musical symbols
20 Astral
22 Murkiest
24 Fable writer
26 Cotillion gal
27 Durable
30 Caribbean islanders
35 __ & Young
36 Billowing garment
37 Coarse sand
38 Dawn goddess
39 Nocturnal nuisance
42 NASA counterpart
43 Limerick writer
45 Thrust-and-parry sword
46 Seller or buyer
48 Runner
50 Angora sweater
51 Average guy
52 Riyadh resident
54 Mischievous
58 Small falcon
62 Wanted-poster word
63 Is off base
65 Ponder
66 Mr. Pim's creator
67 Court jester
68 Film terrier
69 Fizzy beverages
70 Pop's __ Tennille
71 Tide type

Down
1 Seine moorages
2 Bring to a boil
3 Man-eating giant
4 Pulp trees
5 __ spoon (diner)
6 Wave or scope lead-in
7 PC button
8 Have occasion for
9 Confidential
10 Boast (2 wds.)
11 Curved molding
12 NBA officials
13 Formerly, formerly
21 Caused (2 wds.)
23 Pierre's goodbye
25 Sci-fi weapons
27 Percolates
28 Crowd in
29 Al of Indy fame
31 Nave neighbor
32 Boxing locale
33 Japanese American
34 Beatle drummer
36 Deal with it
40 Townshend and Seeger
41 Frames of mind
44 Alpert's "Taxi"
47 "Song of Myself" author
49 Rackets
50 Granola kin
53 Tire center
54 Rear-ends
55 Melange
56 Coat with gold
57 Test the weight of
59 Clever ploy
60 Is, in Madrid
61 Frog step
64 Pooh's pal



9	1	2				7		
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		5					6	
	4			8			3	
	6					2		
				2	7			9
			6	5	8		4	7
		8				1	2	6

SUDOKU **LEVEL: EASY**

			2					
				3		2	6	
		3	5	8	6			9
8	2		3				7	5
7				2				6
9	3				5		2	8
1			4	7	3	5		
	4	9		5				
					9			

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Opinion

MATT BURKE
SPORTS EDITOR

WHAT IF FRANCONA HAD STAYED?

There was one thing that Red Sox fans were all in on in early October 2011: Changes had to be made. Big changes. Some six months later, we know that ownership heard the cries. They made drastic moves. Terry Francona, the most popular manager in club history, was let go. Their hearts, Larry Lucchino's specifically, weren't exactly broken over the fact that the most popular GM in club history was fleeing for the Windy City.

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They then traded a guy in Marco Scutaro, who by most accounts seems to be anti-beer and fried chicken and all for Muscle Milk and garden salad, for straight cash. They decided not to bring back the most popular closer in club history, in order to save straight cash.

In essence, the ownership believed that the biggest issue concerning the worst collapse in baseball history was that the manager had let the clubhouse get out of control and that there was more value out there on the open market in the shortstop and closer positions.

But what if Francona had stayed?

Would all the other dominos have fallen the same way?

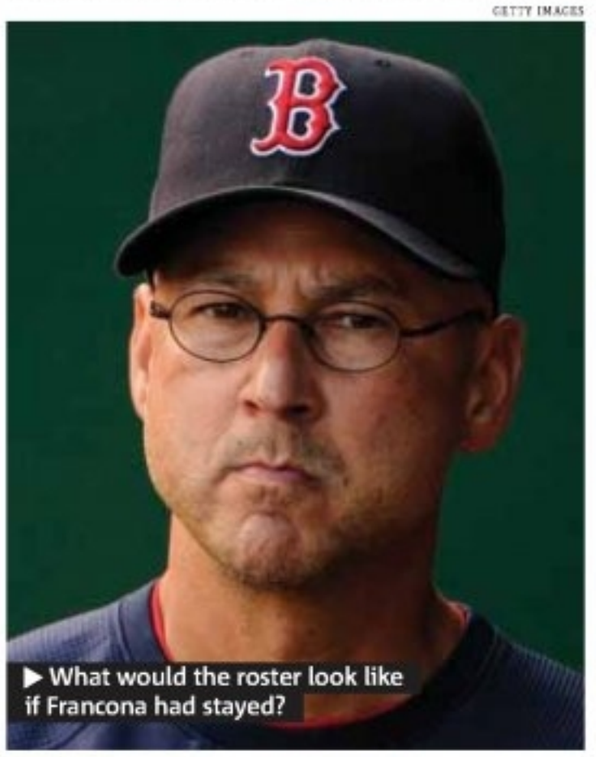
Francona was a creature of habit and, to a fault, liked HIS guys. Jose Iglesias would not have sniffed the Red Sox big league roster had Francona still been here this spring. Back in November, Francona probably would have made a strong pitch to keep Scutaro and Papelbon. They may have actually gone after a big-name free agent (not that that is always the cure-all).

But had Francona stayed, there is no way that the ownership would have allowed him to have any say over who to bring in and who to dump. There's no reason to believe that Francona ever had clout in that department to begin with and after last September, he would have been on the tightest of leashes.

That Bob Hohler piece in the Globe would not have seen the light of day last fall. Instead it might have been slowly leaked over the course of this season had the Sox got off to another slow start.

In addition, if Francona had stayed, the roster still would look a lot different today. Had the ownership decided to back Francona, maybe the players would have been the ones held accountable for September. Maybe Youkilis would be gone. Maybe Beckett would be gone. Maybe Ortiz wouldn't have gotten that one-year deal.

GETTY IMAGES



▶ What would the roster look like if Francona had stayed?

Had those changes been made instead of the Francona move, would the Red Sox be better off than they are today? There would not be an ongoing soap opera being broadcast right now on every Boston media outlet between the manager and the starting second baseman. That's for sure.

Who knows who the Sox would have replaced Youkilis, Beckett and Ortiz with? Probably not much.

In the end, however, had Francona stayed, there would still be a giant, steaming mess at Fenway right now. It just would have looked different.

*– **Matt Burke** is sports editor of Metro Boston. Follow him on Twitter @BurkeMetroBos.*

Pats 2012 schedule released

Patriots head coach Bill Belichick will likely be happy with the way the 2012 schedule shapes up.

Not only does New England appear to have a relatively easy slate compared to other teams in the league, there are more 1 p.m. games than usual (subject to change, of course, due to TV flexing).

The defending AFC champions will open the season at Tennessee on Sunday, Sept. 9 (1 p.m.) and will open their home schedule a week later, Sunday, Sept. 16, when they host Arizona.

Despite several potential cupcakes (Indianapolis in mid-November, Jacksonville in late December) there are plenty of big time matchups on the schedule as the Pats play at Baltimore in Week 3 in a Sunday nighter that will be a rematch of last season's AFC championship game and host the rival Jets Oct. 21 at 4:15 p.m..

Perhaps the most anticipated showdown on the Pats schedule, however, will be the Week 5 home game against Peyton Manning and the Denver Broncos the Manning-Brady rivalry takes on a different form.

The Pats will also play on Thanksgiving night at the rival Jets. METRO

GETTY IMAGES

▶ Tom Brady's Thanksgiving will be spent in New Jersey when the Pats face the rival Jets.

Pats 2012 regular season schedule

- Sun, Sept. 9 at Tenn 1 p.m.
- Sun, Sept. 16 Ariz 1 p.m.
- Sun, Sept. 23 at Bal 8:20 p.m.
- Sun, Sept. 30 at Buf 1 p.m.
- Sun, Oct. 7 Den 4:15 p.m.
- Sun, Oct. 14 at Sea 4:05 p.m.
- Sun, Oct. 21 NYJ 4:15 p.m.
- Sun, Oct. 28 at StL* 1 p.m.
- Sun, Nov. 4 BYE
- Sun, Nov. 11 Buf 1 p.m.
- Sun, Nov. 18 Ind 1 p.m.
- Th, Nov. 22 at NYJ 8:20 p.m.
- Sun, Dec. 2 at Mia 1 p.m.
- Sun, Dec. 10 Hou 8:30 p.m.
- Sun, Dec. 16 SF 8:20 p.m.
- Sun, Dec. 23 at Jax 1 p.m.
- Sun, Dec. 30 Mia 1 p.m.

* Game played in London

AFC afternoon games on CBS, home NFC games on FOX, SNF - NBC, MNF - ESPN

GETTY IMAGES

▶ Peyton Manning

In the news

B's called out

Washington Capitals head coach Dale Hunter claimed that the Bruins are looking to inflict pain on center Nicklas Backstrom's head in the series. Backstrom missed 40 games this season with a concussion.

"It is crossing the line. To grab his head all the time is not the right way to play," Hunter said. "Every scrum, Nicky comes out with no helmet on, he gets blockered to the head by (Tim Thomas) the game before. He's protecting his head. He just came out for 40 games. You have to protect your head. With his stick in his face like that, it was a dangerous play on his part."

Of note, Backstrom is the one meeting with NHL officials due to his cross-check on Rich Peverley in Game 3.

Revs are middle of the pack thus far

New England Revolution head coach Jay Heaps did not go so far as to say the 2012 season was a rebuilding season in his first year as Revolution boss.

Instead the former Revs star offered hope to a franchise that went through struggles last season. The 2012 Revs currently sit at 2-4 in the MLS Eastern Conference standings and have six points on the year. They most recently beat the Galaxy, 3-1, in Carson, Calif., on April 1.

The Revs put a scare into D.C. United last weekend and were sparked by Jose Moreno, who tallied his first career MLS goal. The team has a bye this weekend but will tangle with the New York Red Bulls Saturday, April 28, on national TV (3:30 p.m., NBCSN). MATT BURKE

Orlando lacking Magic

Magic sinking fast as Howard, Big Baby are on the shelf First round matchup with Celts possible C's still looking for home court advantage

Three things to watch as the Celtics host the Magic tonight in a possible playoff preview:

Baby is back

One player who had been benefitting from Howard's absence is former Celtics forward Glen "Big Baby" Davis. Davis, who was coming off the bench has seen his playing time increase from about 22 minutes per game to well over 30 in April.

But Davis will be a gametime decision after hyperextending his knee on Sunday against the Cavs. On the year, Davis is averaging 8.9 points and 5.4 rebounds per game. But the C's aren't missing him, as the player they traded him for, Brandon Bass, has done an excellent job as the team's starting power forward since the All-Star Break. Bass is averaging 12.6 points and 6.2 rebounds per game, and is a more consistent and dependable player than Davis.

GETTY IMAGES

▶ Dwight Howard may be ready for the playoffs but he won't be playing against the Celtics tonight.

Owning Orlando

Dwight Howard or not, the Celtics have owned the Magic over the years. The C's already own the tiebreaker with Orlando, after winning the first two games of the season. But it's still important. Going into Tuesday night's game against the Knicks, the C's, Magic, and Hawks all had identical records of 36-25 in a three-way race to the No.4 spot and home-court advantage in the first round. For that reason alone the C's will be ready to take care of business, when they've been known to play down to an opponent missing key players.

Dwight Howard saga

Perhaps no NBA player's stock has taken a bigger PR hit this season than Dwight Howard's. Does he want to stay in Orlando? Does he want a trade? Did he really try to get his coach, Stan Van Gundy, fired? And why has his production taken a dive this season, prior to the herniated disk? These are all questions that follow Howard wherever he goes. But he won't be here in Boston tonight (8 p.m., CSNNE) — or playing at least. Howard is out indefinitely with a herniated disk, and the only hope for the Magic is that he can return for the playoffs. What a mess.

JIMMY TOSCANO
sports@metro.us

The Cold, Hard football facts

A look at the NFL offseason through the eyes of the stat experts at ColdHardFootballFacts.com:

Five teams desperate for pass defenders Winning in the NFL is all about great play at quarterback combined with great pass defense. Here are five teams with great quarterbacks that ultimately failed in 2011 because they failed on pass defense. All five must invest heavily in pass defenders in the 2012 draft.

Carolina – 98.3 Defensive Passer Rating (30th)
Denver – 9 interceptions (t28th)
Green Bay – 7.20 Defensive Passing Yards Per Attempt (30th)
New England – 7.13 Defensive Passing Yards Per Attempt (29th)
New Orleans – 9 interceptions (t28th)

Fantasy football analysis with FFChamps.com

Fantasy Impact move: Robert Meachem to the Chargers. Meachem was the most physically gifted receiver on New Orleans' deep roster, even if his weekly output told a different story. San Diego is confident that he can be a worthy replacement for Vincent Jackson. Meachem has good size (6-2, 210 pounds) and blazing speed. Its fitting that the dangerous deep threat will now have a lightning bolt on his helmet. Philip Rivers should maintain his status as one of the top fantasy QBs.

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1 Hailing from the south, Roux Maison laundry products use all-natural ingredients to clean your precious threads. And their fragrances are custom-blended with essential oils that are synthetic- and preservative-free. **$15, www.rouxmaison.com**

2 Archipelago's handsome dish soap, made with naturally antibacterial tea tree oil, pure vitamin E and moisturizing olive oil, cleans away the grease from your pots and pans without stripping your hands. Archipelago Elder & Olive dish soap, **$19, www.archipelago-usa.com**

3 Eco-Me's award-winning, all-natural cleaning, pet and personal care line is made up of household ingredients such as vinegar, baking soda and olive oil. Think you can make a batch yourself? You can! The company sells DIY kits so you can mix your own nontoxic products. **$5-$25, www.eco-me.com**

2 3

4 One of our favorite cleaning brands, Mrs.Meyer's recently released two new products. Their range of all-purpose cleaners and countertop sprays now comes in a new floral scent: Bluebell. And their new concentrated laundry detergent packs 68 loads in a 34-ounce bottle. Their awesome retro packaging, however, stays the same! **$4-$16, www.mrsmeyers.com**

TINA CHADHA

4

Five easy ways to green your home this Earth Day

Live by the adage that 'Earth Day is every day' by making some simple switches in your home
You'll be feeling the benefits far beyond April 22

We asked James Kleyla, a renovations expert at Home Depot, for easy home improvement projects that anyone — even you, hammer-averse — can do to help out Mother Earth. Bonus: You'll save on your bills, too.

Install new lightbulbs

Trade in your incandescents (which are being phased out) for the more energy-efficient compact fluorescent, LED or halogen bulbs.

"They use so much less energy, up to 1/8 the energy compared to an incandescent bulb, so we're burning less oil and coal," Kleyla says. Another benefit? "They last so much longer."

Get the right thermostat

Installing a thermostat with a timer ensures you're not running your central air conditioning when you're not home.

"Why cycle your system at all if you're not there? It doesn't make any sense," Kleyla says. "It can save a considerable amount."

Change your air filters

Regarding your air conditioning and heating systems: "If you get a dirty filter in there, the air just doesn't circulate well," Kleyla says.

Invest in rechargeable tools

If you live outside the city, look into rechargeable battery garden tools instead of those that run on a noisy, inefficient two-cycle engine.

"How many times have you been trying to sleep in on a Sunday morning and all of a sudden you hear those two-cycle engines? They're coming out with new garden tools that are 18 volt, and they're rechargeable, so they have much less noise because there's no two-cycle engine and less smell. And since they're rechargeable you can use them over and over again."

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Pro tip

Before you break out the toolbox, check out YouTube or Home Depot's website (www.homedepot.com) for how-to videos. "There's all sorts of videos for home improvement that you can do your research on before you try to tackle a project," Kleyla says. "People have a high fear sometimes, and a lot of this stuff isn't difficult at all."

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By Attorney George Warshaw

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And if your house is haunted, well, there's always Ghostbusters! © 2012 George Warshaw.

GWA

George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.

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